Claims

1. A nucleating agent comprising a phosphoric acid aromatic ester metal salt having an average major-axis length of 10 μ m or less, an average aspect ratio of 10 or less, and a bulk specific gravity of at least 0.1, the metal salt being represented by the following formula (I):

(wherein R^1 represents a C4-C8 alkyl group, R^2 represents a hydrogen atom or a C1-C8 alkyl group, R^3 represents a C1-C4 alkylidene group, A represents a metal having a valence of n, and n is an integer of 1 or 2).

- 2. The nucleating agent according claim 1, wherein the average major-axis length is 5 μm or less.
- 3. The nucleating agent according to claim 1 or 2, wherein the metal represented by A is an alkali metal.
- 4. The nucleating agent according to any one of claims 1 through 3, wherein the compound represented by formula (I) is a compound represented by formula (II).

$$t-C_4H_9$$

$$CH_2$$

$$P-O^- Na^+$$

$$t-C_4H_9$$

$$t-C_4H_9$$